

Academy Football Fitness 16 Weeks Regime

This has been taken from a premiership clubs football academy as a training regime for individuals to improve their overall fitness.

Week 1

Day 1

- Walk-jog for 20 minutes (jog for 2min, walk for 2min, etc)
- 1 x press-up max score
- 2 x 5 dorsal raises
- 2 x 5 tricep dips
- 1 x sit-up max score
- Rest 30-90sec between sets

Day 2

- Rest day

Day 3

- 10-minute warm-up
- Run fast for 30sec, rest for 2 minutes, repeat 5 times
- 10-minute cool-down

Day 4

- Rest day

Day 5

- Walk-jog for 20 minutes (walk for 1min, jog for 3min, repeat 5 times)
- 1 x press-up max
- 1 x 5 dorsal raises
- 1 x 5 tricep dips
- 1 x sit-up max

Day 6

- Rest day

Day 7

- Brisk walk for 20-30 minutes or go swimming, cycling or rowing for 15-20min

Week 2

Day 1

- Walk-jog for 20 minutes (walk for 1min, jog for 3min, etc)
- 2 x press-up max
- 2 x 6 dorsal raises
- 2 x 6 tricep dips
- 2 x sit-up max
- Rest 30-90sec between sets

Day 2

- Rest day

Day 3

- 10-minute warm-up
- Run fast for 40 sec, rest for 2 minutes, repeat 5 times
- 10-minute cool-down

Day 4

- Rest day

Day 5

- Walk-jog for 20 minutes (jog for 4min, walk for 1min, repeat 4 times)
- 2 x press-up max
- 2 x 6 dorsal raises
- 2 x 6 tricep dips
- 2 x sit-up max

Day 6

- Rest day

Day 7

- Brisk walk for 20-30 minutes or go swimming, cycling or rowing for 15-20min

Week 3

Day 1

- Jog for 20 minutes (jog for 5min, rest for 1min, etc)
- 3 x 1/4 press-up max
- 2 x 7 dorsal raises
- 2 x 7 tricep dips
- 3 x 1/2 sit-up max
- Rest 30-90sec between sets

Day 2

- Rest day

Day 3

- 10-minute warm-up
- Run fast for 1 minute, run slowly for 2min, repeat 5 times
- 10-minute cool-down

Day 4

- Rest day

Day 5

- Walk-jog for 15 minutes
- 3 x press-up max
- 2 x 7 dorsal raises
- 2 x 7 tricep dips
- 3 x sit-up max

Day 6

- Rest day

Day 7

- Brisk walk for 25-35 minutes or go swimming, cycling or rowing for 15-25min

Week 4

Day 1

- Jog for 15 minutes
- 3 x 1/3 press-up max
- 2 x 8 dorsal raises
- 2 x 8 tricep dips
- 3 x 1/3 sit-up max
- Rest 30-90sec between sets

Day 2

- Rest day

Day 3

- 10-minute warm-up

- Run fast for 1 minutes, run slowly for 1min, repeat 5 times
- 10-minute cool-down

Day 4

- Rest day

Day 5

- Brisk walk for 25-35 minutes or go swimming, cycling or rowing for 15-25min

Day 6

- Rest day

Day 7: fitness assessment

- Press-ups for 2 minutes to establish new max score
- Sit-ups for 2min to establish new max score
- 1.5-mile timed run

Level 2

Week 5

Day 1

- Steady run for 18 minutes
- 3 x press-up max
- 3 x 8 squats
- 3 x sit-up max
- 3 x 8 dorsal raises
- Rest 30-90sec between sets

Day 2

- Rest day

Day 3

- 10-15 minute warm-up
- Run hard for 1 minute, recover for 1 min, repeat for 10min
- 10-minute cool-down

Day 4

- Rest day

Day 5

- 10-minute warm-up
- Circuit training: 2 x 12 of each exercise (see below for list)
- 10-minute cool-down

Day 6

- Rest day

Day 7

- Brisk walk for 30-40 minutes or go swimming, cycling or rowing for 15-20min

Week 6

Day 1

- Steady run for 20 minutes
- 3 x press-up max
- 3 x 10 lunges
- 3 x sit-up max
- 3 x 8 dorsal raises
- Rest 30-90sec between sets

Day 2

- Rest day

Day 3

- 10-15 minute warm-up
- Run hard for 1 minute, recover for 1 min, continue for 10min
- 10-minute cool-down

Day 4

- Rest day

Day 5

- 10-minute warm-up
- Circuit training: 2 x 12 of each exercise (see below for list)
- 10-minute cool-down

Day 6

- Rest day

Day 7

- Brisk walk for 30-40 minutes or go swimming, cycling or rowing for 20-25min

Week 7

Day 1

- Steady run for 20 minutes
- 3 x press-up max
- 3 x 12 squats
- 3 x sit-up max
- 3 x 12 dorsal raises
- Rest 30-90sec between sets

Day 2

- Rest day

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Day 3

- 10-15 minute warm-up
- Run hard for 1 minute, recover for 1 min, continue for 12min
- 10-minute cool-down

Day 4

- Rest day

Day 5

- 10-minute warm-up
- Circuit training: 3 x 12 of each exercise (see below for list)
- 10-minute cool-down

Day 6

- Rest day

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Day 7

- Brisk walk for 30-40 minutes or go swimming, cycling or rowing for 20-25min

Week 8

Day 1

- Steady run for 25-30 minutes
- 3 x press-up max
- 3 x 14 lunges
- 3 x sit-up max
- 3 x 14 dorsal raises
- Rest 30-90sec between sets

Day 2

- Rest day

Day 3

- 10-15 minute warm-up
- Run hard for 1 minute, recover for 1 min, continue for 12min
- 10-minute cool-down

Day 4

- Rest day

Day 5

- 10-minute warm-up
- Brisk walk-run for 30-40 minutes or go swimming, cycling or rowing for 30-40min
- 10-minute cool-down

Day 6

- Rest day

Day 7: fitness assessment

- Press-ups for 2 minutes to establish new max score
- Sit-ups for 2min to establish new max score
- 1.5-mile timed run

Level 3

Week 9

Day 1

- Steady run for 25-30 minutes
- 4 x press-up max
- 4 x 12 squats

- 4 x sit-up max
- 4 x 12 dorsal raises
- Rest 30-90sec between sets

Day 2

- Rest day

Day 3

- 10-15 minute warm-up
- Run hard for 1 minute, recover for 1 min, continue for 14min
- 10-minute cool-down

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Day 4

- Rest day

Day 5

- 10-minute warm-up
- Circuit training: 3 x 15 of each exercise (see below for list)
- 10-minute cool-down

Day 6

- Rest day

Day 7

- Brisk walk for 30-40 minutes or go swimming, cycling or rowing for 20-25min

Week 10

Day 1

- Steady run for 25-30 minutes
- 4 x press-up max
- 4 x 14 lunges
- 4 x sit-up max
- 4 x 14 dorsal raises
- Rest 30-90sec between sets

Day 2

- Rest day

Day 3

- 10-15 minute warm-up
- Run hard for 1 minute, recover for 1 min, continue for 14min
- 10-minute cool-down

Day 4

- Rest day

Day 5

- 10-minute warm-up
- Circuit training: 3 x 15 of each exercise (see below for list)
- 10-minute cool-down

Day 6

- Rest day

Day 7

- Brisk walk for 30-40 minutes or go swimming, cycling or rowing for 25-30min

Week 11

Day 1

- Steady run for 25-30 minutes
- 4 x 20 chin-ups
- 4 x 16 squats
- 4 x sit-up max
- 4 x 16 dorsal raises
- Rest 30-90sec between sets

Day 2

- Rest day

Day 3

- 10-15 minute warm-up
- Run hard for 1 minute, recover for 1 min, continue for 16min
- 10-minute cool-down

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Day 4

- Rest day

Day 5

- 10-minute warm-up
- Circuit training: 3 x 20 of each exercise (see below for list)
- 10-minute cool-down

Day 6

- Rest day

Day 7

- Brisk walk for 30-40 minutes or go swimming, cycling or rowing for 20-25min

Week 12

Day 1

- Steady run for 25-30 minutes
- 4 x press-up max
- 4 x 18 lunges
- 4 x sit-up max
- 4 x 18 dorsal raises
- 4 x 12 triceps dips
- Rest 30-90sec between sets

Day 2

- Rest day

Day 3

- 10-15 minute warm-up
- Run hard for 1 minute, recover for 1 min, continue for 16min
- 10-minute cool-down

Day 4

- Rest day

Day 5

- 10-minute warm-up
- Brisk walk/run for 30-40 minutes or go swimming, cycling or rowing for 30-40min
- 10-minute cool-down

Day 6

- Rest day

Day 7: fitness assessment

- Press-ups for 2 minutes to establish new max score
- Sit-ups for 2 minutes to establish new max score
- 1.5-mile timed run

Level 4

Week 13

Day 1

- Steady run for 30-40 minutes
- 2 x press-ups for 45sec
- 4 x 15 squats
- 2 x sit-ups for 45sec
- 4 x 15 dorsal raises
- Rest 30-90sec between sets

Day 2

- Rest day

Day 3

- 10-15 minute warm-up
- Alternate running hard, then recovering, for intervals of 1,2 and 3 minutes (12min in total)
- 10-minute cool-down

Day 4

- Rest day

Day 5

- 10-minute warm-up
- Circuit training: 4 x 15-20 of each exercise (see below for list)
- 10-minute cool-down

Day 6

- Rest day

Day 7

- Brisk walk for 30-40 minutes or go swimming, cycling or rowing for 25-35min

Week 14

Day 1

- Steady run for 30-40 minutes
- 2 x press-ups for 45sec
- 4 x 15 lunges
- 2 x sit-ups for 45sec
- 4 x 15 dorsal raises
- Rest 30-90sec between sets

Day 2

- Rest day

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Day 3

- 10-15 minute warm-up
- Alternate running hard, then recovering, for intervals of 1,2 and 3 minutes
- 10-minute cool-down

Day 4

- Rest day

Day 5

- 10-minute warm-up
- Circuit training: 4 x 15-20 of each exercise (see below for list)
- 10-minute cool-down

Day 6

- Rest day

Day 7

- Brisk walk for 30-40 minutes or go swimming, cycling or rowing for 30-35min

Week 15

Day 1

- Steady run for 30-40 minutes
- 2 x press-ups for 1min
- 4 x 20 squats

- 2 x sit-ups for 1min
- 4 x 20 dorsal raises
- 4 x 12 triceps dips
- Rest 30-90sec between sets

Day 2

- Rest day

Day 3

- 10-15 minute warm-up
- Alternate running hard, then recovering, for intervals of 1,2,3,2 and 1 minute (18min in total)
- 10-minute cool-down

Day 4

- Rest day

Day 5

- 10-minute warm-up
- Circuit training: 4 x 15-20 of each exercise (see below for list)
- 10-minute cool-down

Day 6

- Rest day

Day 7

- Brisk walk for 30-40 minutes or go swimming, cycling or rowing for 30-40min

Week 16

Day 1

- Steady run for 30-40 minutes
- 2 x press-ups for 1min
- 4 x 20 squats
- 2 x sit-ups for 1min
- 4 x 20 dorsal raises
- 4 x 12 chin-ups
- Rest 30-90sec between sets

Day 2

- Rest day

Day 3

- 10-15 minute warm-up
- Alternate running hard, then recovering, for intervals of 1,2,3,2 and 1 minute
- 10-minute cool-down

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Day 4

- Rest day

Day 5

- 10-minute warm-up
- Brisk walk/run for 30-40 minutes or go swimming, cycling or rowing for 30-40min
- 10-minute cool-down

Day 6

- Rest day

Day 7: fitness assessment

- Press-ups for 2 minutes to establish new max score
- Sit-ups for 2min to establish new max score
- 1.5-mile timed run